

## **Breakfast Bake**

3 cups egg substitute  
9 slices white bread, crust removed, cut in  
1/2" squares  
4 tbsp. lowfat margarine, cut in small cubes  
3 cups skim milk  
6 medium scallions, include green top,  
chopped  
1/4 cup green bell pepper, chopped  
2 tbsp. pimiento (optional), chopped  
1 lb. Meatless by Morningstar Farms®,  
browned, drained and crumbled  
2 cups fat-free cheddar cheese, shredded  
1 tsp. salt  
1/4 tsp. pepper

*Note: May substitute fat-free turkey sausage for ground meatless.*

Combine ingredients in a large mixing bowl and mix well. Pour into a buttered 9" x 13" casserole dish. Refrigerate, covered for 8 hours or overnight. Preheat oven to 350°F. Bake for 1 hour, uncovered. Makes 12 servings.

Nutrition information per serving: calories 191; protein 43 grams; fat 6 grams; sodium 776 mg